

Managing HEADACHES

If you suffer from headaches, you're not alone. Nearly 90% of the population has had at least one headache in the last year, and many sufferers experience not only the pain but the limitations on quality of life.

Identify Your Type Of Headache

Although there are different types of headaches, tension-type and migraine headaches are the most common.

Tension-type headaches, experienced by as many as 90% of adults, are the most common form of primary headaches. They have also been called muscle contraction, tension, and stress headaches. Typically the pain is dull, aching, and affects both sides of the head.

Migraine, the second most common type of primary headaches, afflicts 25 to 30 million people in the U.S. Migraine headaches have a pulsating or throbbing quality and are often accompanied by

nausea or vomiting and sensitivity to light and sound.

Take Action!

1. Checklist For Change - Write down specific areas you need to work on to plan ahead and schedule time for exercise and relaxation.

2. Relax - Deep-breathing exercises and biofeedback can often help reduce stress. Find time at work or at home to relax and do some deep-breathing.

3. Nutrition - Eating a balanced diet and maintaining a regular exercise routine can help combat headache pain.

4. Keep A Diary - The diary tracks warning signs, symptoms, time, intensity and location of pain, and type and effect of treatment. As you become more aware of triggers, you and your doctor can help determine what works best for your type of headache.



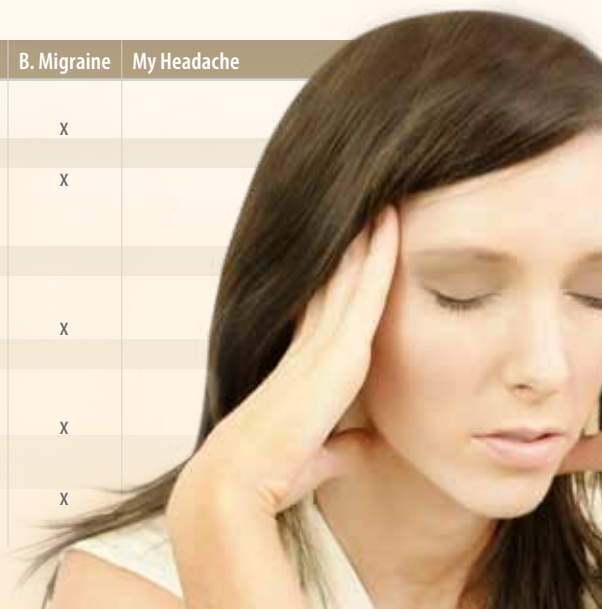
Fast Facts About Headaches

Each workday, **more employees are absent because of headaches than from any other single cause.** Headaches account for an estimated 157 million lost workdays annually. That's an average of about 4.2 days per person a year.

On the positive side, **medical research now understands the mechanics of headaches better than ever before.**

Doctors are learning to improve headache diagnosis. Up to 90% of all headache sufferers can find relief from their pain.

DESCRIPTION OF HEADACHE	A. Tension	B. Migraine	My Headache
Intensity & Quality of Pain			
Mild to moderate	x	x	
Moderate to severe			
Intense (pounding throbbing and/or debilitating)		x	
Steady ache			
Location of Pain			
One side of the head		x	
Both sides of the head			
Symptoms			
Nausea/vomiting		x	
Sensitivity to light and/or sounds			
Aura before headache (such as visual symptoms)		x	



Love The Skin You're In

Call it your hide, call it your epidermis, call it your birthday suit. No matter what you call it, love the skin you're in. Your skin is your body's largest organ. With its delicate tissues, thin layer of fat, and healthy color, your skin is a reflection of your health and well-being. When you take care of yourself your skin glows; when you are ill your skin is lackluster.

Stay Healthy

The first step in a skin care program is staying healthy and fit. Good circulation promoted by regular physical activity keeps the skin glowing and well-nourished. Skin needs moisture from the inside out. Stay well-hydrated and drink plenty of water. Take a multivitamin every day.

Skin Treatments

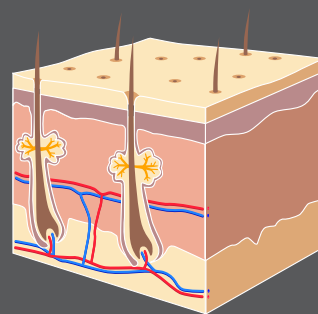
Time writes a tale on your skin. As we age, we lose the layer of fat that gives contour, and we produce less collagen which gives the skin its resiliency. Common sense can help you keep your skin healthy. Cleanse your skin daily and use a moisturizer. Limit exposure to harsh, dry conditions and wear sunscreen at all times.

Moles, Skin Tabs and Liver Spots, Oh My!

As we age, we notice many changes in our skin. You may have more freckles or moles. You may notice little skin tabs around your neck or underarms. Mostly these changes are harmless, but you'll want to check your skin regularly and monitor any changes that occur. When in doubt, ask your healthcare provider to examine your skin.

Remember, your skin is your first line of defense against germs and injury.

Handle with care!



Skin Cancer ABCD's

Skin cancer is common but need not be fatal. Self-care is your key to early detection. The American Cancer Society recommends the **ABCD** method of skin cancer screening that you can do yourself. Take a look at the **ABCD** method outlined below.

Asymmetry. Check with your doctor if one side of a mole doesn't match the other.

Border. Any mole with edges that are irregular, ragged, or notched should be checked.

Color. Note if your moles change color and report it to your doctor.

Diameter. If your mole is getting larger in diameter or is larger than the end of an eraser, have it checked.

Limit Exposure to the Sun:

- Avoid exposure when the sun is at its hottest between the hours of 10:00 AM to 4:00 PM.
- Always wear sun block.
- Apply sun block 30 minutes before going out in the sun.
- Reapply sun block frequently—especially after going in the water.
- Choose a sunscreen that protects against both "UVA" and "UVB" radiation.
- Keep babies and children well protected. A sunburn in childhood is a major risk factor for skin cancer.
- Never use a sun lamp or tanning bed.

